

round-the-world food ideas



from the
Lipton
KITCHENS

Quick Easy Delicious Recipes



Whisk your family and guests off on an exciting "Round the World" tour with these recipes, prepared for you in the famous Lipton Kitchens.

Whether for a simple family dinner or a special party buffet, you will find just the right recipe planned with an eye to the unusual, the attractive and the nourishing—and with an eye on the budget!

Join us in an international adventure where superlative food is the universal language.

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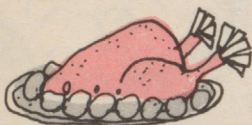
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LIPTON CHICKEN NOODLE SOUP MIX

- 2 cups water
- 1 envelope Lipton Chicken Noodle Soup Mix
- 1 small onion, chopped
- ½ package (10 ounces) frozen lima beans
- 1 can (15 ounces) cream style corn
- 1½ cups milk

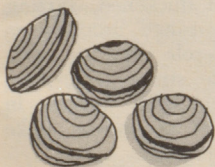
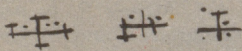
In medium saucepan, bring water to a boil; stir in Lipton soup mix, onion and lima beans. Simmer covered, 7 minutes. Stir in corn and milk. Heat, while stirring. If desired, sprinkle with snipped chives or parsley. Makes about 6 servings.

CHICKEN CHOWDER SUPPER



- 2 tablespoons butter or margarine
- ¼ pound fresh mushrooms, sliced
- 3 tablespoons flour
- 3 cups water
- 1 envelope Lipton Chicken Noodle Soup Mix
- 1 cup milk

In medium saucepan, melt butter or margarine and sauté mushrooms until golden. Stir in flour, then gradually add water until blended. Add Lipton soup mix stirring until soup comes to a boil. Simmer covered, 7 minutes; stir in milk. Makes 4 to 6 servings. If desired, 1 can (5 ounces) sliced mushrooms, drained, may be substituted for the fresh mushrooms.



A hearty chicken broth with enriched egg noodles and tasty garden parsley—makes a mere sandwich lunch a warm-up feast. It's delightful as a cooking ingredient too!

INDIAN SOUP



- 1 2½-pound broiler chicken, cut-up
- 2 teaspoons salt
- ¼ teaspoon pepper
- 8 cups water
- 1 medium onion, sliced
- 2 stalks celery, sliced
- 2 carrots, sliced
- 1 envelope Lipton Chicken Noodle Soup Mix

In large kettle, place chicken, salt, pepper and water. Cook covered, 40 minutes. Add onion, celery and carrots and cook covered 20 minutes, or until chicken is tender. Remove chicken, cut meat from bones; return meat to kettle with Lipton soup mix. Cook 7 minutes. Makes 6 to 8 main-dish servings.

CREAMY MUSHROOM NOODLE SOUP



CHICKEN NOODLE SOUP CHINESE STYLE

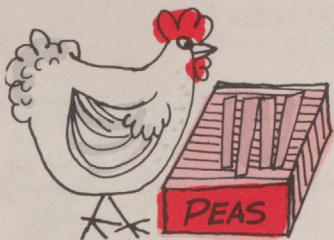
Stir in one beaten egg to boiling Lipton Chicken Noodle Soup.

CHICKEN NOODLE SOUP MARITIME STYLE

Add mixed herbs and replace 1 cup liquid with 1 cup clam juice when preparing Lipton Chicken Noodle Soup.

LIPTON SOUP MIX RECIPES

BAKED CHICKEN



- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 1 envelope Lipton Chicken Noodle Soup Mix
- 2½ cups hot water
- 1 (10-ounce) package frozen peas, cooked, drained
- ½ pound small white onions, cooked, drained
- 1½ cups cut-up cooked chicken
- ½ cup soft bread crumbs

Preheat oven to 425 degrees F. In medium saucepan, melt butter or margarine, blend in flour. Stir in Lipton soup mix, then water. Stir while bringing to a boil, then simmer uncovered, 7 minutes. In a 1½ quart casserole, arrange layers of peas, white onions and chicken. Pour on sauce and top with bread crumbs. Bake 10 minutes, or until crumbs are golden. Makes 4 servings.

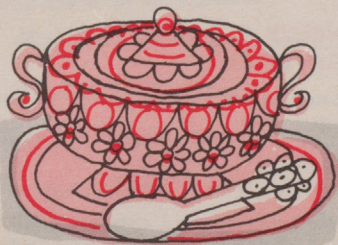
- 2 tablespoons butter or margarine
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cups water
- 1 cup cauliflower, chopped
- 1 envelope Lipton Chicken Noodle Soup Mix
- ⅓ teaspoon caraway seeds
- 2 cups milk

CREAM OF CAULIFLOWER



In saucepan melt butter or margarine, add onion and celery and sauté a few minutes. Stir in water, cauliflower, Lipton soup mix, milk and caraway seeds. Bring to boil, cover and simmer until cauliflower is tender—about 10 minutes. Pour half into blender, cover, then blend until smooth. Pour into bowl. Repeat with rest. Return to saucepan and stir in milk. **To Serve Hot:** Reheat but do not boil. **To Serve Chilled:** Chill in refrigerator.

CHICKEN & BROCCOLI CASSEROLE

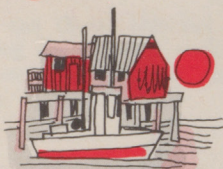


- 3 tablespoons butter or margarine
- ¼ cup all-purpose flour
- 2½ cups water
- 1 envelope Lipton Chicken Noodle Soup Mix
- 1 (10-ounce) package frozen broccoli, cooked, unsalted
- 1½ cups cut-up cooked chicken
- 2 tablespoons grated parmesan

Preheat oven to 425 degrees F. In saucepan, melt butter or margarine, blend in flour until smooth. Stir in water and Lipton soup mix; simmer 7 minutes or until thickened, stirring occasionally. Meanwhile, arrange broccoli on bottom of 1½ quart casserole and top with chicken. Into soup mixture stir 1 tablespoon parmesan cheese and pour over chicken in casserole. Sprinkle with rest of cheese. Bake for 20 minutes. Makes 4 servings.

- 1 tablespoon butter or margarine
- 1 small onion, chopped
- 1 celery stalk, chopped
- 3 cups water
- 1 envelope Lipton Chicken Noodle Soup Mix
- ½ pound raw shrimp, shelled, deveined, cut-up
- ½ cup light cream

SHRIMP SOUP ELEGANTE



In medium saucepan, melt butter or margarine; sauté onion and celery until soft. Stir in water and Lipton soup mix. Bring to a boil, add shrimp and cook 5 minutes. Stir in cream; heat, but do not boil. Makes 4 servings.

CHILLED CUCUMBER SOUP

- 1 cucumber, peeled and diced (1½ cups)
- 3 tablespoons chopped onion
- 1 tablespoon butter or margarine
- 2 cups hot water
- 1 envelope Lipton Chicken Noodle Soup Mix
- 1 cup light cream
- ¾ cup milk
- snipped fresh dill or parsley for garnish



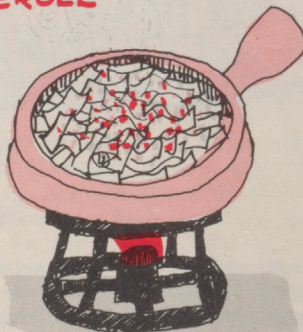
Sauté cucumber and onion in butter or margarine until onion is tender. Stir in water, Lipton soup mix and bring to a boil. Cover and simmer 10 minutes. Pour half of soup into a blender, cover and blend until smooth, then pour into a 1½ quart bowl. Blend remaining soup in blender until smooth, then combine with soup in bowl, stirring in cream and milk. Refrigerate until chilled. Garnish with snipped dill or parsley, if desired. Makes 6 servings.

- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1 envelope Lipton Chicken Noodle Soup Mix
- 2½ cups hot water
- 1 (6¾-ounce) can salmon, drained and flaked
- 1 (10-ounce) package frozen peas, cooked, drained
- 1 (1-pound) can small white onions, drained*
- ½ cup fine soft bread crumbs

BAKED SALMON NOODLE CASSEROLE

Preheat oven to 425 degrees F. In medium saucepan, melt butter or margarine, blend in flour. Stir in Lipton soup mix, then water. Bring to a boil while stirring, then simmer uncovered 7 minutes. Add salmon and fold in peas and onions. Turn into 1½ quart casserole. Top with bread crumbs. Bake about 10 minutes or until golden brown. Makes 4 servings.

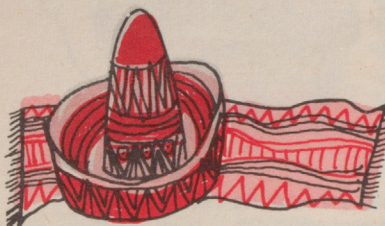
*Or 1 pound fresh white onions, cooked, drained.



LIPTON TOMATO VEGETABLE SOUP MIX WITH ALPHABET NOODLES

A deliciously different soup — tangy hearty broth laced with tasty garden vegetables, rich alphabet noodles and magic Lipton spices, and it's a cooking ingredient of course!

CHILI CON CARNE



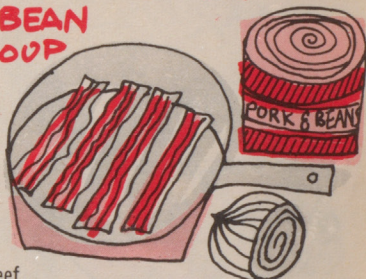
- 3 slices bacon, cut-up
- 1/2 small onion, chopped
- 4 cups hot water
- 1 envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles
- 1 (15-ounce) can beans and pork

In saucepan cook bacon until almost crisp; then add onion and sauté until tender; drain fat. Add water and stir in Lipton soup mix; bring to boil, stirring occasionally. Cover and cook over medium heat for 10 minutes. Add beans. Heat to blend flavours. Makes 6 servings.

- 1 tablespoon butter or margarine
- 1 medium onion, chopped
- 1 pound beef chuck, ground
- 2 1/2 cups hot water
- 1 envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles
- 1 to 3 teaspoons chili powder (as desired)
- 2 (15-ounce) cans red kidney beans

In frying pan, melt butter or margarine and sauté onion until tender; then stir in meat until brown. Stir in water, Lipton soup mix and chili powder. Cover and simmer for 10 minutes, stirring occasionally. Add kidney beans and simmer 5 minutes. Makes 6 servings.

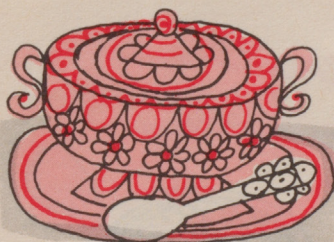
SATURDAY NIGHT SUPPER NAVY BEAN SOUP



- 1/2 pound ground beef
- 1/2 teaspoon salt
- pinch of oregano
- 1 tablespoon butter or margarine
- 1 envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles
- 3 cups water
- 1 (20-ounce) can whole tomatoes, coarsely chopped

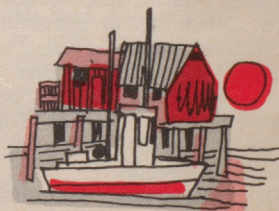
In small bowl combine meat, salt and oregano. Shape into about 20 tiny meat balls. In medium saucepan, melt butter or margarine and quickly sauté meat balls until lightly browned; drain excess fat. Then add Lipton soup mix to meat in saucepan. Blend in water and tomatoes. Bring to a boil, stirring occasionally. Partially cover and simmer over low heat 15 minutes. Makes 4 to 6 servings.

EUROPEAN VEGETABLE CHOWDER

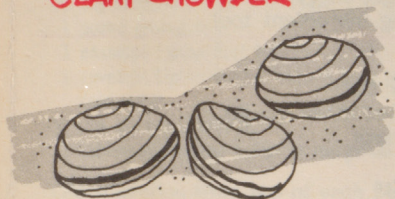


Prepare Lipton Tomato Vegetable Soup Mix with Alphabet Noodles replacing liquid with milk or cream. Add 1 cup flaked white fish or chopped clams. Bring to a boil and serve. Makes 3 to 4 servings.

SEASIDE CHOWDER



MANHATTAN STYLE CLAM CHOWDER



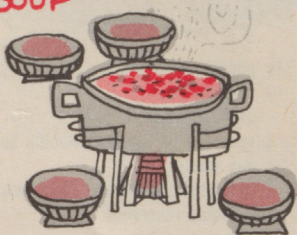
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 3 cups water
- 1 envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles
- 1 cup milk

In saucepan melt butter or margarine; stir in flour, then add water. Bring to boil; stir in Lipton soup mix, then cook partially covered, 10 minutes. Stir in milk; heat, but do not boil. Makes 4 to 6 servings.

- 1 envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles
- pinch of thyme (optional)
- 3½ cups hot water
- 1 (10-ounce) can clams (minced)

Stir Lipton soup mix and thyme into hot water. Bring to a boil, stirring occasionally; cook for 5 minutes. Add clams; cover and cook 5 minutes. Makes 4 to 6 servings.

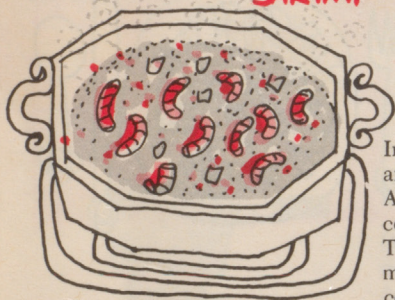
CREAM OF VEGETABLE SOUP



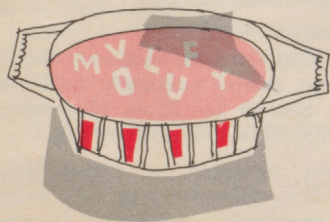
- 1 tablespoon butter or margarine
- 1 medium onion, chopped
- ½ medium green pepper, sliced
- 2¼ cups hot water
- 1 envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles
- 1 pound shrimp, shelled and deveined

In medium saucepan, melt butter and sauté onion and green pepper about 5 minutes or until tender. Add water, stir in Lipton soup mix until blended; cover, simmer for 10 minutes, stirring occasionally. Then add shrimp and simmer until pink, about 2 minutes. Makes 4 to 6 servings. Serve on hot cooked rice.

LOUISIANA SHRIMP



ALPHA BEEF STEW



- 1½ pounds boned beef chuck or bottom round, cut into 1½" cubes
- 2 tablespoons flour
- ½ teaspoon salt
- 3 tablespoons shortening
- 12 small white onions, pared
- 4 cups water
- .8 small carrots pared and quartered
- 3 medium potatoes, pared and quartered
- 1 envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles

Dredge meat in flour and salt. In a Dutch oven, heat shortening and thoroughly brown meat and onions; remove onions and drain excess fat. Gradually stir in water. Bring to a boil; cover and simmer over low heat for 1½ hours or until meat is tender. Add carrots, potatoes, browned onions and simmer covered for 15 minutes. Stir in Lipton soup mix. Bring to a boil. Cook, covered, over medium heat another 15 minutes, stirring occasionally, adding more water if necessary. Makes 6 servings.

LIPTON BEEF NOODLE SOUP MIX

Deep down beef taste with lively country vegetables and new "ring noodles" that never get soggy. It's an easy-to-use cooking ingredient too!



MEAT LOAF



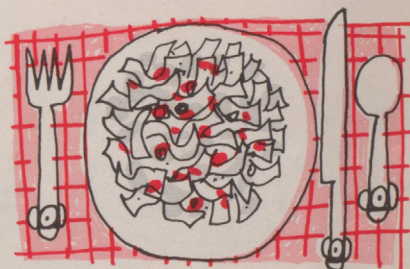
- 1 pound ground beef chuck
- 1 envelope Lipton Beef Noodle Soup Mix
- $\frac{3}{4}$ cup soft bread crumbs
- $\frac{1}{2}$ cup water
- 1 egg, slightly beaten
- 2 tablespoons chili sauce or catsup

Preheat oven to 350 degrees F. In medium bowl, toss together meat, Lipton soup mix, bread crumbs, water, egg and chili sauce. Pack into loaf pan size $7\frac{1}{2}'' \times 3\frac{3}{4}'' \times 2\frac{1}{2}''$. Bake 1 hour. Makes 4 servings.

- $1\frac{1}{2}$ pounds chuck steak
- 1 teaspoon salt
- dash of pepper
- 1 envelope Lipton Beef Noodle Soup Mix
- 1 cup water
- 1 (5-ounce) can sliced mushrooms, drained (liquid reserved)
- 1 cup sour cream
- 2 tablespoons butter or margarine
- 1 tablespoon cornstarch

Cut meat into narrow strips about 2" long and $\frac{1}{4}''$ thick. Season with salt and pepper and refrigerate 2 hours. Into a medium saucepan, empty Lipton soup mix and stir in water and mushroom liquid. Heat to boiling; cover and simmer 10 minutes, stirring occasionally. Remove from heat; fold in sour cream and mushrooms. In large frying pan, melt butter or margarine; add meat and brown quickly turning often. Stir soup-sour cream mixture into meat. Combine cornstarch with 2 tablespoons cold water; stir into stroganoff. Heat until thickened, but do not boil. Serve over hot cooked noodles. Makes about 6 servings.

VEGETABLE BEEF STROGANOFF



ROSY BEEF NOODLE SOUP



- 1 envelope Lipton Beef Noodle Soup Mix
- 1 envelope Lipton Garden Tomato Soup Mix
- 6 cups water

Combine Lipton soup mixes in saucepan. Stir in cold water and heat, stirring constantly until soup comes to a boil. Simmer for 12 to 15 minutes, stirring occasionally. Makes 5 to 6 servings.

- $\frac{1}{4}$ pound ground beef
- 1 envelope Lipton Beef Noodle Soup Mix

Shape meat into 20 small meat balls. (Add dash of oregano or thyme to meat mixture before shaping, if desired.) Cook slowly in saucepan. Make soup according to package directions. Before serving add meat balls and simmer a few minutes. Serves 2-3.

SICILIAN SOUP



LIPTON SOUP MIX RECIPES

SAVOURY BEEF FILLED GREEN PEPPERS AND TOMATO SAUCE



- 5 medium green peppers
- 2 tablespoons salad oil
- ½ cup chopped onion
- 1 pound ground beef
- 1 envelope Lipton Beef Noodle Soup Mix
- 1 envelope Lipton Garden Tomato Soup Mix
- cold water
- ½ cup dry bread crumbs
- 1 tablespoon melted butter or margarine

Cut thin slice from top of each pepper and remove seeds. Parboil peppers in salted boiling water, for 5 minutes. Drain. In frying pan, heat oil and sauté onion and meat until browned. Add Lipton Beef Noodle Soup Mix, 2 tablespoons Lipton Garden Tomato Soup Mix, and 1½ cups water. Simmer covered, 10 minutes, stirring frequently. Preheat oven to 350 degrees F. Place green pepper shells in baking dish, fill with meat mixture. Toss bread crumbs with butter or margarine and sprinkle over filled peppers. Bake 45 minutes. Meanwhile, stir 1¼ cups cold water into remaining Lipton Garden Tomato Soup Mix. Heat to boiling and simmer 4 minutes, stirring occasionally. Spoon over baked green peppers. Makes 5 servings.

BEEF NOODLE STEW



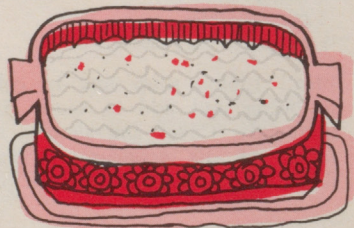
- 1 pound boneless beef chuck, cut into 1" cubes
- flour
- 3 tablespoons liquid corn oil
- 1 medium onion, finely chopped
- 2 cups water
- 1 envelope Lipton Beef Noodle Soup Mix
- 4 medium potatoes, pared and quartered

Dredge meat with flour. Heat corn oil in frying pan. Sauté beef until lightly browned on all sides. Add onion; cook 5 minutes. Stir in water and Lipton soup mix. Bring to boil; cover. Reduce heat and simmer 30 minutes. Add potatoes and simmer until potatoes and beef are tender, about 30 minutes. Makes 4 servings.

- 2 tablespoons butter or margarine
- ½ cup minced onion
- ¼ cup chopped green pepper
- 1 envelope Lipton Beef Noodle Soup Mix
- 2 cups chopped left-over cooked beef
- ½ teaspoon pepper
- 1 cup water
- 2-3 cups cooked rice or mashed potatoes

Melt butter or margarine in saucepan; sauté onion and green pepper until tender. Combine sautéed vegetables, Lipton soup mix, beef, pepper and water; pour into a 2 quart casserole. Top with seasoned rice or mashed potatoes. Dot with butter. Bake in a 350 degrees F. oven 50 to 60 minutes or until topping is well browned. Makes 4 servings.

SHEPHERD'S PIE



LIPTON GREEN PEA SOUP MIX

Hearty ham 'n bacon taste in a creamy smooth purée . . . subtly seasoned — serve with croutons for a real soup lover's treat. It makes a perfect duet with other Lipton Soup Mixes too!

- 1 envelope Lipton Green Pea Soup Mix
- 1 envelope Lipton Garden Tomato Soup Mix
- 4 cups cold water
- 1 cup milk
- 1 teaspoon worcestershire sauce
- 1 teaspoon granulated sugar

In a large saucepan, stir Lipton soup mixes into water. Heat, stirring until soup comes to a boil. Simmer, uncovered, about 4 minutes, or until smooth, stirring occasionally. Remove from heat and blend in milk, worcestershire and sugar. Bring to a boil. Makes about 4 to 6 servings.

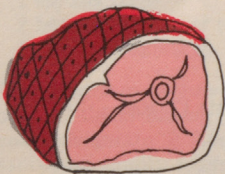
PURÉE MONGOLE



- 1 tablespoon butter or margarine
- ½ cup diced, cooked ham
- 1 small onion, chopped
- 3 cups cold water
- 1 envelope Lipton Green Pea Soup Mix

In a saucepan, melt butter or margarine and sauté ham and onion until onions are tender. Stir in water and Lipton soup mix. Mix until smooth. Bring to a boil, stirring frequently. Cover, simmer for 3 minutes. Makes 4 servings.

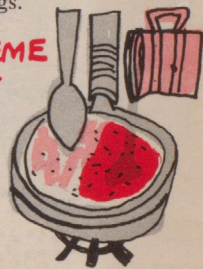
PEA SOUP VIRGINIA STYLE



- 1 envelope Lipton Green Pea Soup Mix
- ½ pound bulk sausage
- ½ cup grated cheddar cheese

Prepare Lipton soup according to package directions. Shape sausage into balls the size of marbles. Brown in a frying pan and add to simmering pea soup. Before serving, remove from heat and stir in cheese until melted. Makes 4 servings.

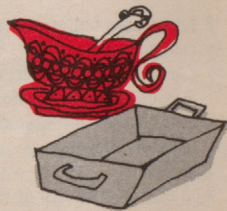
PEA SOUP SUPREME WITH SAUSAGE



- 1 envelope Lipton Green Pea Soup Mix
- 2 cups cold water
- 3 tablespoons minced onion
- 2 tablespoons butter
- 1 cup sour cream
- ½ cup grated sharp cheese

Blend Lipton soup mix in cold water. Sauté onion in butter and add to soup. Heat to boiling, stirring frequently. Cover and simmer for 3 minutes. Remove from heat, stir in cream and grated cheese. Serve with fish fillets, salmon loaf, salmon patties or other seafoods.

GREEN PEA AND CHEESE SAUCE



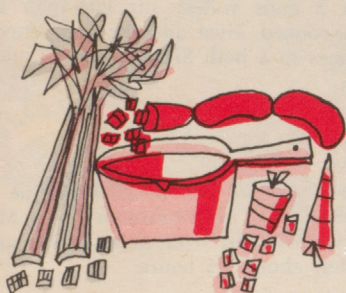
*Be
Creative!*

Try adding the following to Lipton Green Pea Soup: shreds of carrot, crisp bacon, butter-browned weiner slices, or a slice of French bread sprinkled with parmesan and browned in the broiler.

FRENCH CANADIAN PEA SOUP MIX

Hearty French Canadian Pea Soup, a Quebec recipe. Lipton experience brings you real, old-time flavour — even to a touch of savory. Extra tasty when combined with other ingredients or Lipton Soup Mixes.

PEASANT SOUP



- 2 tablespoons butter or margarine
- 2 tablespoons finely chopped celery
- 2 tablespoons finely chopped onion
- ¼ cup diced carrots
- ½ cup thinly sliced weiners
- 3 cups cold water
- 1 envelope Lipton French Canadian Pea Soup Mix
- 1 teaspoon lemon juice

In a saucepan, melt butter or margarine and sauté celery, onion and carrots for 5 minutes. Add weiner slices. Stir in water and Lipton soup mix. Cook according to package directions; simmer 15 to 20 minutes. Stir in lemon juice. Makes 4 to 5 servings.

- 1 envelope Lipton French Canadian Pea Soup Mix
- 1 envelope Lipton Onion Soup Mix
- 6 cups cold water

Stir Lipton soup mixes into cold water; mix thoroughly. Bring to a boil, stirring frequently. Cover and simmer 15 minutes. Makes 6 to 8 servings.

Croutons—cut 3 slices bread into cubes. Toss together bread cubes, 1½ tablespoons melted butter or margarine and 1½ teaspoons grated parmesan cheese; toast in oven until golden brown. Garnish each serving of soup with croutons.

ONION PEA SOUP WITH CROUTONS



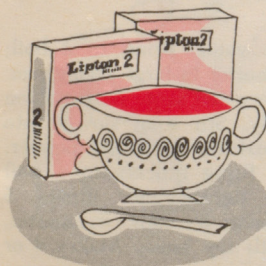
COUNTRY PEA SOUP



- ½ cup diced cooked ham
- 1 tablespoon butter
- 3 cups cold water
- 1 envelope Lipton French Canadian Pea Soup Mix

Brown ham lightly in butter in saucepan. Add water and stir in Lipton soup mix. Bring to a boil; simmer 15 minutes. Makes 3 to 4 servings.

LIPTON SOUP DUETS



Blend together one envelope Lipton French Canadian Pea Soup Mix and one envelope Lipton Tomato Vegetable Soup Mix with Alphabet Noodles and 5 cups water. Bring to a boil and simmer 12-15 minutes.

Blend together one envelope Lipton French Canadian Pea Soup Mix and one envelope Lipton Cream of Mushroom Soup Mix with 3 cups cold water; heat to boiling, simmer 10 minutes. Add 2 cups milk, simmer 2 minutes longer.

LIPTON CREAM OF MUSHROOM SOUP MIX

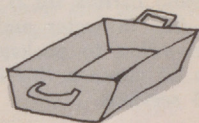
The authentic blend of freeze-dried mushroom pieces in a creamy, rich soup. Perfect sauce. Elegant gravy.



DELICIOUS GRAVY

Combine 1 envelope Lipton Cream of Mushroom Soup Mix with 2 cups water; stir into pan in which meat was cooked. Heat and stir until gravy thickens and comes to a boil. Simmer one minute.

FOR A SUPER MUSHROOM POT ROAST

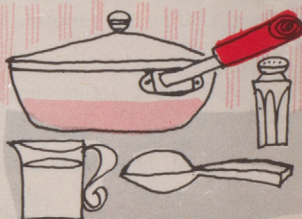


Brown a 3 to 4 pound pot roast. Combine 1 envelope Lipton Cream of Mushroom Soup Mix with 2½ cups water. Pour over meat, cover and cook until tender, about 2½ hours.

- 1½ pounds ground beef
- pepper
- 1 tablespoon cooking fat
- 1 envelope Lipton Cream of Mushroom Soup Mix
- 2 cups milk

Season meat with pepper and shape into 6 patties. Melt fat in frying pan and brown hamburgers. While hamburgers are browning, empty envelope of Lipton soup mix into a saucepan or bowl and stir in milk. Place browned hamburgers in a serving dish. Stir mushroom and milk mixture into pan drippings in frying pan, heat and stir until sauce thickens. Pour hot sauce over hamburgers. Makes 6 servings.

SKILLET HAMBURGERS WITH MUSHROOM SAUCE



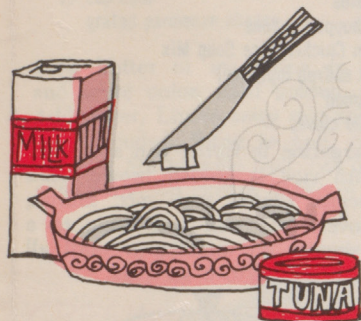
CANADIAN SUMMERTIME SKILLET



- 1 envelope Lipton Cream of Mushroom Soup Mix
- 3 cups cold water
- 3 tablespoons butter
- 1½ cups quick cooking rice
- ½ cup finely chopped onion
- ½ cup finely chopped celery
- dash of pepper
- 2-3 cups diced cooked chicken, tuna, salmon or beef

Combine soup mix and water. Bring to a boil; remove from heat. Melt butter in large frying pan. Add rice, onions and celery and sauté until golden brown, stirring constantly. Stir soup slowly into rice, onion and celery mixture. Then add pepper, and chicken. Mix well. Bring quickly to a boil over high heat. Cover tightly and simmer 5 minutes. Remove from heat; let stand 5 minutes, stir. If desired, serve with soy sauce. Makes 4 or 5 servings.

TUNA NOODLE VEGETABLE CASSEROLE



- 4 ounces regular size noodles
- 1½ cups milk
- 1 envelope Lipton Cream of Mushroom Soup Mix
- 1 (7-ounce) can tuna, drained and flaked
- 1 cup frozen peas
- 1 tablespoon minced parsley
- ¼ teaspoon black pepper
- ½ cup bread crumbs
- 2 tablespoons butter or margarine

Cook noodles according to package directions; drain. In saucepan, stir milk into Lipton soup mix. Heat and stir until thickened and smooth, but do not boil. Combine noodles, mushroom sauce, tuna, peas, parsley and pepper. Pour into a 1½ quart casserole. Top with bread crumbs tossed in melted butter or margarine. Bake in a moderate oven, 350 degrees F. for 30 minutes or until heated and browned. Makes 4 to 6 servings.

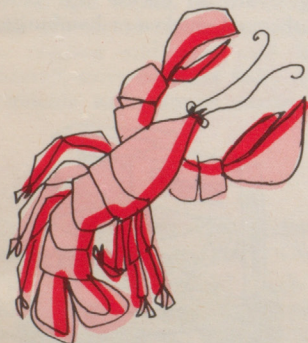
- 1 (10-ounce) package frozen green beans, French style
- 1 envelope Lipton Cream of Mushroom Soup Mix
- 1½ cups milk
- dash of thyme
- ½ cup buttered bread crumbs

CREAMY GREEN BEAN MUSHROOM CASSEROLE



Prepare beans according to manufacturer's directions; drain well. Empty the soup mix into a saucepan and stir in milk. Heat slowly stirring constantly until sauce thickens. Add beans and thyme, mix well, then turn into a casserole. Sprinkle with buttered bread crumbs then bake at 350 degrees F. for 20 minutes. Makes 4 to 6 servings.

LOBSTER NEWBURG PARISIENNE



- 2 (5-ounce) cans lobster meat, drained
- 2 tablespoons butter or margarine
- 3 tablespoons sherry
- ½ teaspoon paprika
- 1 envelope Lipton Cream of Mushroom Soup Mix
- 1 cup water
- 1 cup heavy cream

Cut lobster into bite-size chunks. In medium saucepan, melt butter or margarine and sauté lobster meat for 3 to 5 minutes. Add sherry and paprika; remove from heat. In small saucepan, blend Lipton soup mix with water. Bring to boil while stirring, and cook about 3 minutes until thick, then gradually stir in cream, cooking over low heat until thickened. Stir sauce mixture into sautéed lobster. Serve on toast, fluffy rice or in patty shells. Makes 4 to 6 servings.

Add your own personal gourmet touch to Lipton Cream of Mushroom Soup Mix. Make it with light cream laced with sherry or chopped carrots, or sprig of watercress or a favourite of the sea — shrimp, salmon, crab, lobster.

LIPTON CHICKEN RICE SOUP MIX

INDIAN PILAF



- 1 slice bacon, chopped
- 1 small onion, chopped
- 1 cup chopped green pepper
- 3 cups water
- 1 envelope Lipton Chicken Rice Soup Mix
- 1 medium tomato, diced

Sauté bacon, onion and green pepper until vegetables are tender. Stir in water and Lipton soup mix. Bring to a boil; reduce heat, cover and cook 10 minutes. Stir in tomato and serve. Makes 4 servings.

BARBECUED CHEESE TOMATO RICE



- extra-heavy aluminum foil
- 1/4 cup chopped onion
- 2 tablespoons butter
- 2 small tomatoes, cut in wedges
- 1 envelope Lipton Chicken Rice Soup Mix
- 1 1/2 cups quick cooking rice
- 1 1/4 cups water
- 2 tablespoons grated parmesan cheese

Press 12 x 18 inch sheet of extra heavy aluminum foil in a bowl, forming a pouch. Place all ingredients except cheese in pouch and mix well. Gather foil together at top, folding edges to seal tightly. Remove from bowl. Heat over glowing coals 15 minutes. Open pouch carefully, stir ingredients and reseal pouch. Heat 5 minutes longer. Stir in cheese just before serving. Serve with barbecued chicken or hamburgers.

RICE AND TOMATO

Combine 1 envelope Lipton Chicken Rice Soup Mix with 1 envelope Lipton Garden Tomato Soup Mix and 6 cups of water. Cover and bring to a boil, simmer 7 minutes. Serves 6 to 7.

CREAMY CHICKEN RICE

Combine 1 envelope Lipton Chicken Rice Soup Mix and 1 envelope Lipton Cream of Chicken or Cream of Mushroom Soup Mix with 5 cups cold water. Heat to boiling; boil 2 to 3 minutes. Add 1 1/2 cups milk, cover and simmer 1-2 minutes longer. Serves 5 to 6.

Golden chicken broth, blended just right with long-grain rice. A true Sunday Dinner delicacy made in minutes.

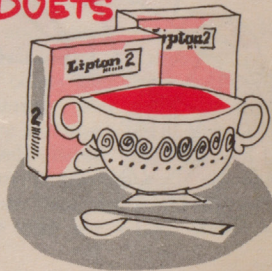
- 1/4 cup butter or margarine
- 2 cups ham cubes
- 1 cup raw regular white rice
- 2 2/3 cups water
- 1/4 cup golden raisins
- 1/4 cup coarsely chopped pecans
- 1 envelope Lipton Chicken Rice Soup Mix
- 1/8 teaspoon dried saffron (optional)
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground cloves

Heat butter or margarine in frying pan and sauté ham and rice until rice is golden brown. Add water, raisins, pecans, Lipton soup mix, saffron, cinnamon and cloves. Mix well and bring to a boil. Cover and simmer 25 minutes or until all water is absorbed. Makes 4 to 6 servings.

NEW ORLEANS CHICKEN



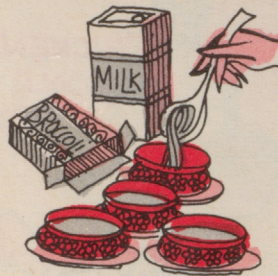
LIPTON SOUP DUETS



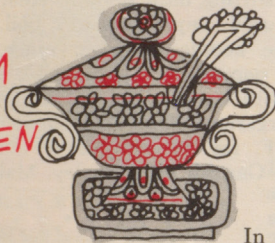
CREAM OF CHICKEN RICE SOUP WITH BROCCOLI

- 1 tablespoon butter or margarine
- 1 medium onion, chopped
- 2 tablespoons flour
- 3 cups water
- 1 envelope Lipton Chicken Rice Soup Mix
- ½ (10-ounce) package frozen, chopped broccoli
- ½ cup milk
- grated parmesan cheese

Melt butter or margarine in medium saucepan and sauté onion until golden, then stir in flour. Add water, Lipton soup mix and broccoli and stir until blended. Bring to boil, cover and cook 10 minutes. Stir in milk; heat, but do not boil. Sprinkle with parmesan cheese. Makes 4 to 6 servings.



CREAM OF CHICKEN RICE SOUP WITH WATERCRESS



- 1 tablespoon butter or margarine
- 2 tablespoons chopped onion
- 3 cups boiling water
- ½ bunch watercress, stemmed, snipped (approx. 1½ cups)
- 1 envelope Lipton Chicken Rice Soup Mix
- 1 cup light cream
- 1 - 2 teaspoons lemon juice

In a medium saucepan, melt butter or margarine sauté onion until tender. Add water, watercress and Lipton soup mix. Cover and cook 10 minutes. Stir in cream. Heat, but do not boil. Remove from heat and stir in lemon juice. Makes 4 to 6 servings.

- 1 (5-ounce) can sliced mushrooms water
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 envelope Lipton Chicken Rice Soup Mix
- 1½ cups cut-up cooked chicken
- ¾ cup milk

Drain mushrooms; reserve liquid, adding water to make 1½ cups. In medium saucepan, melt butter or margarine and sauté mushrooms until golden. Stir in flour, then blend in mushroom liquid and Lipton soup mix. Bring to boil; cover and simmer 10 minutes, stirring occasionally. Stir in chicken and milk and heat thoroughly. If desired, serve over hot fluffy rice and garnish with pimiento and snipped parsley. Makes 4 servings.

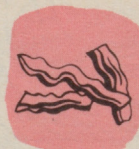
DANISH CHICKEN AND MUSHROOMS



Be Creative!

Create your own East Indian soup by adding curry and apple to Lipton Chicken Rice Soup.

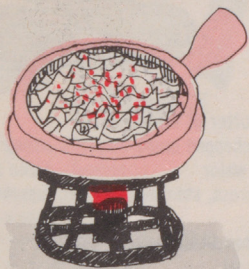
Put your own personal touch to Lipton Chicken Rice Soup by topping it with croutons, garlic popcorn, crushed potato chips, sliced stuffed olives, or crumbled bacon.



LIPTON CREAM OF CHICKEN SOUP MIX

So rich and creamy — so chicken-y good. It's a delightful cooking ingredient too!

CHICKEN NOODLE CASSEROLE



- 1 envelope Lipton Cream of Chicken Soup Mix
- 2 cups cold water
- 1 cup milk
- 4 ounces medium noodles, cooked
- 1 cup diced cooked chicken
- 2 tablespoons diced pimiento
- $\frac{1}{8}$ teaspoon black pepper
- 2 cups soft bread crumbs
- 1 tablespoon melted butter or margarine

Empty Lipton soup mix into saucepan, gradually stir in water, stirring until smooth. Heat and continue stirring until soup comes to a boil. Blend in milk. Combine noodles, chicken sauce, chicken, pimiento and pepper. Pour into a $1\frac{1}{2}$ quart casserole. Top with bread crumbs tossed in melted butter or margarine. Bake in a moderate oven, 350 degrees F. for 30 minutes or until bubbly and browned. Garnish with parsley. Makes 4 to 6 servings.

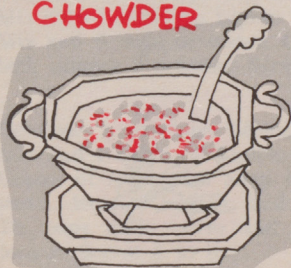
- 2 tablespoons butter or margarine
- $\frac{1}{4}$ cup chopped green pepper
- $1\frac{1}{2}$ cups cold water
- 1 envelope Lipton Cream of Chicken Soup Mix
- 1 cup milk
- 1 cup cut-up cooked chicken
- 1 tablespoon pimiento strips

CHICKEN A LA KING



Melt butter or margarine in a saucepan and sauté green pepper until tender. Add water to Lipton soup mix and stir until smooth. Pour over green pepper in saucepan. Heat and stir until sauce comes to a boil then simmer 2 minutes. Mix in milk, chicken and pimiento. Heat thoroughly, but do not boil. Serve on hot buttered toast, rice, mashed potatoes or hot biscuits. Makes 4 to 5 servings.

IOWA HOEDOWN CHOWDER



- 1 cup diced cooked ham
- $1\frac{1}{2}$ cups finely shredded cabbage
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{4}$ teaspoon dried dill
- 3 tablespoons butter or margarine
- 1 envelope Lipton Cream of Chicken Soup Mix
- 3 cups water
- $\frac{1}{2}$ cup sour cream

In saucepan cook ham, cabbage, onion and dill in butter or margarine until onion is tender. Meanwhile, blend Lipton soup mix with water. Add soup and sour cream to ham and cabbage mixture and bring to boil. Simmer 1 to 3 minutes. Serves 3 to 4.

- 2 pounds frozen chicken parts, thawed
- 2 tablespoons butter or margarine
- pepper
- 1 envelope Lipton Cream of Chicken Soup Mix
- 1½ cups water
- dash cinnamon
- ½ cup drained pineapple tidbits

Heat frying pan very hot. Brown chicken parts in butter or margarine; sprinkle with pepper. Meanwhile, blend water and Lipton soup mix, bring to a boil and let simmer 1 to 2 minutes. Add to chicken with cinnamon and pineapple. Cover, cook over low heat 25 minutes or until chicken is tender. Stir occasionally. Serves 4 to 6.

CHICKEN POLYNESIAN



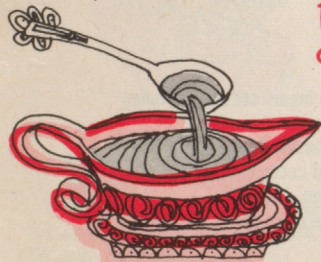
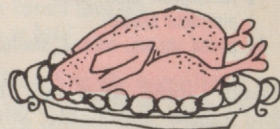
ORIENTAL CHICKEN

- 1 can (5 ounces) sliced mushrooms
- 1 envelope Lipton Cream of Chicken Soup Mix
- 2 cups milk
- 1 cup sliced cooked chicken
- ⅔ cup water chestnuts, drained, sliced
- 1 teaspoon soy sauce
- 3 cups cooked rice

Drain mushrooms. Combine in saucepan Lipton soup mix, milk, chicken, chestnuts, soy sauce and mushrooms. Bring to a boil — cover and cook 2 to 3 minutes. Serve over hot cooked rice. Serves 4.

For a delicious sauce, empty one envelope of Lipton Cream of Chicken Soup Mix into a saucepan. Gradually stir in 1¼ cups cold water until smooth. Mix in 1 tablespoon butter or margarine. Cook over low heat until sauce comes to a boil, stirring constantly. Simmer one minute. Blend in 1½ cups milk and heat but do not boil. Perfect over fish, ham and chicken.

CREAM OF CHICKEN SAUCE



EASY CHICKEN GRAVY

- 1¼ cups cold water
- 1 envelope Lipton Cream of Chicken Soup Mix
- 1 tablespoon butter or margarine
- ½ cup milk

Stir water into Lipton soup mix until smooth. Add butter or margarine, heat stirring until gravy comes to a boil. Simmer for 2 minutes. Blend in milk and heat, but do not boil.

SOUP DUETS

Blend together one envelope Lipton Cream of Chicken Soup Mix and one envelope Lipton Garden Tomato Soup Mix with 5 cups water for a tangy new soup flavour. Bring to a boil and simmer 7 to 10 minutes.

Lipton Chicken Rice Soup is delicious blended with Lipton Cream of Chicken Soup or Lipton Onion Soup or Lipton Garden Tomato Soup. Make your own Lipton Soup Duet by preparing soups according to package directions and blending.

LIPTON GARDEN TOMATO SOUP MIX

Honest to garden—tomato red! Fresh “warm off the vine” sweetness. Cook it with milk or water—the flavour’s unique. It’s a perfect cooking ingredient too.

BACON SUNSET DIP



- 1 envelope Lipton Garden Tomato Soup Mix
- 1 pint sour cream
- 4 crisp bacon slices, crumbled

Blend Lipton soup mix with sour cream. Stir in bacon. Refrigerate for 1 hour. Makes 2 cups.

- 1 envelope Lipton Garden Tomato Soup Mix
- 1 pint sour cream
- 1 (6½-ounce) can crab meat, drained, flaked
- 1 tablespoon lemon juice

Blend Lipton soup mix with sour cream; stir in crab meat and lemon juice. Refrigerate for 1 hour. Makes 3 cups.

CRAB DIP



- 1 envelope Lipton Garden Tomato Soup Mix
- 2 (3-ounce) cans deviled ham
- 1 pint sour cream

Blend Lipton soup mix, deviled ham and sour cream. Refrigerate for 1 hour. Makes about 3 cups.



DELICIOUS DIP

- 1 envelope Lipton Garden Tomato Soup Mix
- 1 tablespoon lemon juice
- 1 pint sour cream
- ½ pound shrimp, cooked, shelled, deveined, chopped

Blend Lipton soup mix, lemon juice and sour cream thoroughly; stir in shrimp. Refrigerate for 1 hour. Makes 3 cups.

SHRIMP DIP



- 1 (8-ounce) package cream cheese, softened
- 1 pint sour cream
- 1 envelope Lipton Garden Tomato Soup Mix
- 1 cup finely chopped cucumber
- 2 tablespoons snipped parsley
- ¼ teaspoon worcestershire sauce

Blend cream cheese with sour cream. Stir in Lipton soup mix, cucumber, parsley and worcestershire sauce. Refrigerate for 1 hour. Makes 3 cups.



ARGENTINE DIP

- 1 pint sour cream
- 1 envelope Lipton Garden Tomato Soup
- ¼ pound Danish blue cheese

Blend Lipton soup mix with sour cream. Stir in cheese. Refrigerate for 1 hour. Makes 2 cups.

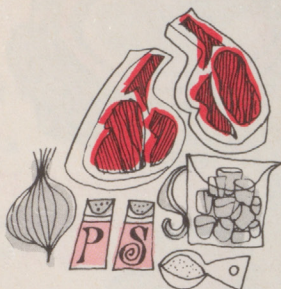


ROYAL DANISH DIP

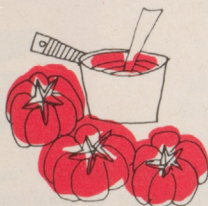
- 1 small onion, chopped
- ½ cup chopped celery stalks and leaves
- 2 tablespoons snipped parsley
- 1 tablespoon shortening
- 2 cups soft bread crumbs
- 1 egg, slightly beaten
- ¼ teaspoon salt
- ½ teaspoon poultry seasoning
- ¼ teaspoon basil
- 6 double pork chops, with pockets, well trimmed (about 3½ pounds)
- 1 envelope Lipton Garden Tomato Soup Mix
- 2 cups water

Sauté onion, celery and parsley in shortening until tender. Remove from heat; add bread crumbs, egg, salt, poultry seasoning and basil, blending well. Stuff pork chops. In same frying pan, brown pork chops well on both sides, then drain off excess fat. Stir together Lipton soup mix and water, pour over chops, simmer covered 50 minutes, basting chops occasionally. Makes 6 servings.

ALSATION PORK CHOPS



ITALIAN SPAGHETTI SAUCE WITH MEATBALLS



- 1 pound ground beef chuck
- ¼ cup Wish-Bone Italian Dressing
- 1 egg, beaten
- 2 slices white bread, crumbled
- 1 tablespoon parmesan cheese
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 3 cups water
- 1 envelope Lipton Onion Soup Mix
- 1 envelope Lipton Garden Tomato Soup Mix
- ¼ teaspoon dried oregano or basil

In medium bowl, combine first six ingredients and shape into meat balls about 1 inch in diameter. In frying pan, heat oil and brown meat balls, then remove. Add water to frying pan, stir in Lipton soup mixes and oregano or basil until blended. Return meat balls to sauce. Simmer uncovered for 30 minutes, stirring occasionally. Serve over hot spaghetti. Makes 4 to 6 servings.

- 1 medium onion, chopped
- ¼ cup chopped green pepper
- 2 tablespoons butter or margarine
- 1 envelope Lipton Garden Tomato Soup Mix
- 1¾ cups water
- 8 ounces sharp cheddar cheese, shredded (2 cups)
- 8 ounces elbow macaroni (2 cups), cooked, drained

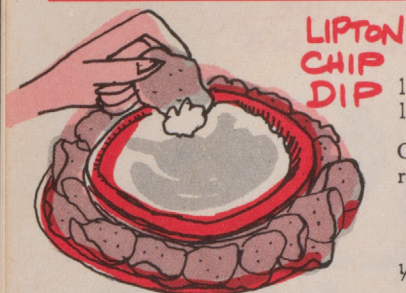
In a 3 quart saucepan, sauté onion and green pepper in butter or margarine until tender. Stir in Lipton soup mix and water, blending thoroughly. Bring to a boil, stirring occasionally. Stir 1½ cups cheese into sauce until it melts; then blend in macaroni. Turn into a 2 quart casserole and sprinkle remaining cheese on top. Bake 20 minutes in 400 degree F. oven. Makes 6 servings.

TOMATO CHEESE MACARONI



LIPTON ONION SOUP MIX

Toasted and white onions in savoury stock:—
serve with parmesan cheese for a gourmet's
continental onion soup. A cooking ingredient
supreme!

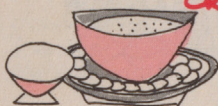


LIPTON CHIP DIP

- 1 pint dairy sour cream
- 1 envelope Lipton Onion Soup Mix

Combine sour cream with Lipton soup mix and
refrigerate at least 1 hour. Makes 2 cups.

CREAM DILLY CRABMEAT MIX



- 1 cup Lipton Chip Dip
- $\frac{1}{2}$ cup cream cheese, softened
- 1 (6½-ounce) can crab meat, drained, flaked
- $\frac{1}{8}$ teaspoon dried dill weed

Blend Lipton Chip Dip with cream cheese, then
fold in crab meat and dill weed. Cover and refrigerate
at least one hour. Makes about 1½ cups.

CALIFORNIA VEGETABLE DIP



- 1 cup Lipton Chip Dip
- $\frac{1}{2}$ cup creamed cottage cheese
- $\frac{1}{4}$ cup finely chopped cucumber
- 2 tablespoons finely chopped green pepper
- 3 radishes, coarsely chopped

Blend Lipton Chip Dip with cottage cheese, cu-
cumber, green pepper and radishes. Cover and
refrigerate at least one hour. Makes about 2 cups.



INDIA DIP

- 1 cup Lipton Chip Dip
- $\frac{1}{4}$ cup finely cut chutney
- $\frac{1}{4}$ teaspoon curry powder

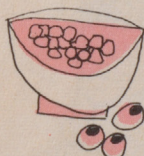
Blend Lipton Chip Dip with chutney and curry
powder. Cover and refrigerate at least one hour.
Makes about 1½ cups.



CALIFORNIA GREEN GODDESS DIP

- 1 cup Lipton Chip Dip
- 1 hard cooked egg, finely chopped
- 1 teaspoon anchovy paste

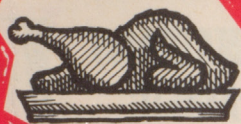
Blend Lipton Chip Dip with egg and anchovy
paste. Cover and refrigerate at least one hour.
Makes about 1 cup.



CHICKEN AND OLIVE DIP

- 1 cup Lipton Chip Dip
- $\frac{1}{2}$ cup finely cut cooked chicken
- 2 tablespoons finely chopped stuffed green olives

Blend Lipton Chip Dip with chicken and olives.
Cover and refrigerate at least one hour. Makes
about 1½ cups.



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CANADIAN PACIFIC AIRLINES



CHINESE CHOP SUEY

- 1 pound pork, cut in 1 inch cubes
- 1 tablespoon shortening
- $\frac{1}{2}$ cup diced celery
- 1 envelope Lipton Onion Soup Mix
- 2 cups water
- 1 can (5 ounces) sliced mushrooms (save juice)
- 2 teaspoons worcestershire sauce
- 3 cups hot, cooked rice

Brown pork cubes in shortening in a heavy saucepan. Add celery and cook until soft. Blend in soup, water, mushrooms, mushroom juice and worcestershire sauce. Cover; simmer 30 minutes. If sauce is too thin, simmer uncovered for 10 minutes. Serve over hot rice. Makes 3 to 4 servings.

MEXICAN CREOLE SAUCE

- 3 tablespoons shortening
- $\frac{1}{2}$ cup finely chopped green pepper
- 1 clove garlic, minced
- $\frac{1}{2}$ cup finely chopped onion
- 1 envelope Lipton Garden Tomato Soup Mix
- 2 cups water
- 1 teaspoon chili sauce
- 1 small bay leaf
- $\frac{1}{8}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon pepper

Melt shortening in a heavy frying pan; add green pepper, garlic, onion and cook about 5 minutes, or until vegetables are soft. Add remaining ingredients and continue cooking over low heat 10 to 15 minutes or until thick. Remove bay leaf. Makes approximately 2 cups sauce.

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AUSTRALIAN KANGAROO PUDDING

- 1 cup boiling water
 - 1 cup sugar
 - 2 cups strong cold tea
 - 1 bottle (30 ounces) condensed milk
 - $\frac{1}{2}$ cup lemon juice
 - 1 can (20 ounces) maraschino cherries, drained
 - orange slices
 - lemon slices
 - maraschino cherries
- Dissolve sugar in boiling water. Add tea, lemon juice and condensed milk. Boil 5 minutes. Garnish with orange slices and cherries. Makes approximately 8 cups pudding.

5 CONTINENTS OF FLAVOUR

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AUSTRALIAN KANGAROO PUNCH

...ing water
... Lipton Tea
... cold ginger ale
... crushed pineapple,
... boiling water. Add
... and lemon juice.
... range slices, lemon
... Makes approxi-
... each.

CANADIAN MUSHROOM SHERRY SAUCE

- 1/4 cup chopped blanched almonds
- 1 teaspoon minced onions
- 1 tablespoon butter or margarine
- 1 envelope Lipton Cream of Mushroom Soup Mix
- 2 1/2 cups milk
- 1 tablespoon sherry

In saucepan, lightly brown almonds and onion in butter; blend in soup, milk and sherry. Place over low heat and stir until sauce is thickened—about 5 minutes. Especially good for fish, asparagus and chicken. Makes approximately 2 1/2 cups sauce.

ITALIAN LITTLE PIZZAS

- 1 envelope Lipton Garden Tomato Soup Mix
- 2 cups water
- 1 small clove garlic, minced
- 8 English Muffins
- oregano
- crushed red peppers if desired
- 8 ounces Mozzarella or sharp cheddar cheese, thinly sliced

Blend soup, water and garlic. Cut each muffin into 3 round slices to form bases for pizzas; toast. Spread each with soup; sprinkle with oregano and red peppers. Cut cheese into small strips; place on top of sauce. Broil until cheese is melted. Makes 8 servings.

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- 2 pounds ground beef chuck
- 1 envelope Lipton Onion Soup Mix
- 2 eggs, beaten
- $\frac{1}{4}$ cup catsup
- $\frac{1}{2}$ cup soft bread crumbs
- $\frac{3}{4}$ cup warm water

SCOTTISH MEAT LOAF



Preheat oven to 350 degrees F. In medium bowl, lightly mix together meat with Lipton soup mix, eggs, catsup, bread crumbs and water. Shape into loaf pan, 9" x 5" x 3". Bake 1 hour. Makes 6 to 8 servings.

BEEF STROGANOFF

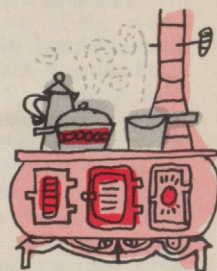


- 2 - 3 tablespoons butter or margarine
- 2 pounds beef tenderloin or sirloin steak, trimmed, cut into strips 2 inches long
- 1 (5-ounce) can sliced mushrooms, drained, reserving juice
- 3 tablespoons flour
- 1 envelope Lipton Onion Soup Mix
- $2\frac{1}{4}$ cups water
- $\frac{1}{2}$ cup sour cream

In large frying pan, melt butter or margarine; add meat and mushrooms and brown quickly, then remove. Stir in flour and Lipton soup mix, then gradually add water and mushroom liquid. Cover and simmer 10 minutes. Add meat and mushrooms; heat thoroughly. Stir in sour cream. Sprinkle with snipped parsley. Makes 6 servings.

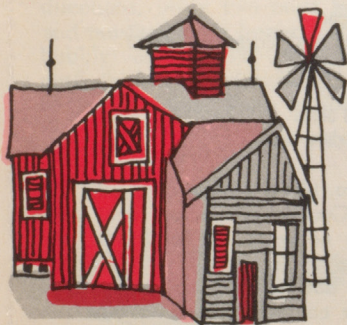
- 1 pound ground beef
- 1 envelope Lipton Onion Soup Mix
- 2 (15-ounce) cans beans with pork in tomato sauce
- 1 (15-ounce) can kidney beans, drained
- 1 cup catsup
- $\frac{1}{2}$ cup cold water
- 2 tablespoons prepared mustard
- 2 teaspoons cider vinegar

RANCH STYLE BAKED BEANS



Preheat oven to 400 degrees F. In large frying pan brown meat. Stir in Lipton soup mix, beans, catsup, water, mustard and vinegar. Pour into a 2 quart casserole or bean pot. Bake 30 to 45 minutes until hot and bubbly. Makes 8 to 10 servings.

CHICKEN HUNGARIAN



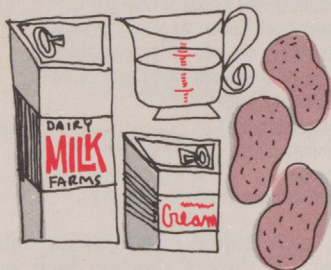
- 2 tablespoons butter or margarine
- 1 3-pound broiler chicken, cut-up
- 1 envelope Lipton Onion Soup Mix
- 1 teaspoon paprika
- water
- 1 tablespoon flour
- 1 cup sour cream

In large frying pan, heat butter or margarine; brown chicken pieces well on both sides. Stir together Lipton soup mix, paprika and $1\frac{1}{2}$ cups hot water. Pour over chicken, cover, cook 45 minutes or until chicken is tender. Remove to serving platter; blend flour and water—stir into frying pan, cook until thickened. Stir in sour cream, heat but do not boil. Pour over chicken. Makes 4 servings.

LIPTON CHOWDER STYLE POTATO SOUP MIX

Delicious with tender, biteable chunks of potato. With a hint of onion and celery. Add clams or vegetables for wonderful chowder.

POTATO CHEESE PUFFS



- 2 slices white bread, quartered
- $\frac{1}{2}$ cup grated cheddar cheese (2 ounces)
- 2 eggs
- $1\frac{1}{2}$ cups prepared Lipton Chowder Style Potato Soup Mix
- $\frac{1}{4}$ cup milk

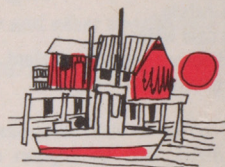
Preheat oven to 375 degrees F. Layer bread and cheese in two 2 cup individual baking dishes. Beat together eggs, prepared Lipton soup mix and milk. Pour over cheese-bread mixture, then bake 30 minutes, or until golden and puffy. Makes 2 servings.

- 1 envelope Lipton Chowder Style Potato Soup Mix
- $1\frac{1}{2}$ cups cold water
- $\frac{1}{2}$ cup thinly sliced celery
- $\frac{1}{2}$ pound shrimp, cooked, shelled, deveined, chopped*
- $\frac{1}{2}$ cup sliced green onions
- 6 eggs, slightly beaten
- cooking oil

Empty Lipton soup mix into medium saucepan. Gradually stir in water. Heat while stirring, then cook covered, 2 minutes, stirring occasionally. Remove from heat and cool slightly. Stir in celery, shrimp, onion and eggs; blend well. Heat enough oil to cover surface of large frying pan. Then using $\frac{1}{4}$ cup measure for each omelette, drop mixture into hot oil. Cook until set, then turn to brown other side. Drain on paper towel. If desired, serve with soy sauce. Makes 16 omelettes, or 4 to 6 servings.

*Or 1 cup cooked, dice chicken.

CANTONESE OMELETTES



CRABMEAT SUPREME

- 1 envelope Lipton Chowder Style Potato Soup Mix
- 3 cups cold milk
- dash of cayenne pepper
- 1 (6 $\frac{1}{2}$ -ounce) can crab meat, drained and flaked
- 1 tablespoon snipped parsley
- 2 hard cooked eggs, sliced
- 1 tablespoon chopped onion
- $\frac{1}{4}$ teaspoon worcestershire sauce



In medium saucepan, blend Lipton soup mix with milk and cayenne. Cook over medium heat while stirring until sauce comes to a boil. Add crab meat, parsley, egg, onion and worcestershire sauce. Heat but do not boil. Makes 4 to 6 servings. Delicious over cooked spinach or rice.

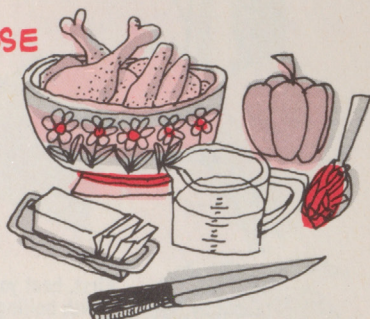
LIPTON CHICKEN SOUP MIX SUPREME

With the tastiest, most flavourful pieces of all white chicken meat ever. A delight to cook with!

- 1 broiler chicken, cut-up
- ¼ cup butter or margarine
- 2½ cups water
- 1 envelope Lipton Chicken Soup Mix Supreme
- ¼ cup flour
- ½ cup water

Brown chicken slowly in butter or margarine. Pour in 2½ cups water; cover and simmer until chicken is tender, about 30 minutes. Remove chicken. Stir in Lipton soup mix. Bring to a boil, stirring occasionally. Reduce heat; partially cover and simmer 5 minutes. Blend in flour and ½ cup water. Stir into mixture and cook, stirring constantly, until thickened and smooth. Add chicken; heat. Makes 4 servings.

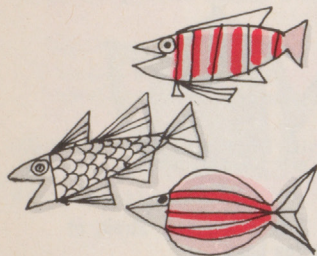
CHICKEN NOODLE FRICASSE



- 1 envelope Lipton Chicken Soup Mix Supreme
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 1 cup cooked peas
- ½ cup cooked small onions
- 1½ cups quick cooking rice
- 1 (6¾-ounce) can salmon, drained and flaked
- 1 cup medium cheddar cheese, grated

Prepare soup according to package directions. Melt butter or margarine in saucepan, stir in flour and soup, simmering until sauce thickens. Put peas, onions, rice, salmon, ½ cup of the cheese and sauce in layers in casserole dish. Top with remaining grated cheese. Bake 450 degrees F. 15 minutes.

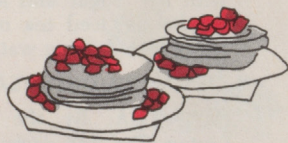
SALMON CASSEROLE



- 1 envelope Lipton Chicken Soup Mix Supreme
- 2 cups boiling water
- seasoning to taste
- ¼ teaspoon prepared mustard
- 1 tablespoon butter
- 1½ tablespoons flour
- 1 cup diced cooked chicken
- 1 cup diced cooked ham
- ½ cup cooked peas

Prepare Lipton soup mix according to package directions, using two cups liquid. Add seasoning and mustard. Melt butter, add flour and heat until bubbly. Stir in hot soup and continue stirring until thickened. Add chicken, ham and peas and heat thoroughly. Serve in toast cups, patty shells or on toast. Serves 4.

SWEDISH LUNCHEON SPECIAL



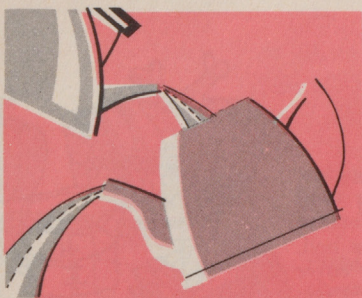
CHICKEN CORN CHOWDER



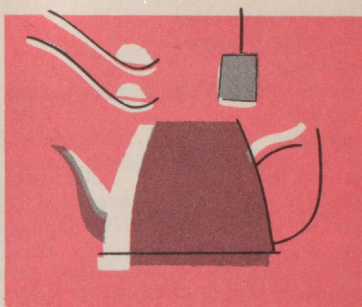
- 1 envelope Lipton Chicken Soup Mix Supreme
- 2 cups boiling water
- 1 (15-ounce) can cream-style corn

Stir Lipton soup mix into water. Cover and cook 10 minutes. Add corn and milk. Combine thoroughly and reheat, but do not boil. Makes 4 servings.

RIGHT WAY TO MAKE "BRISK" LIPTON TEA



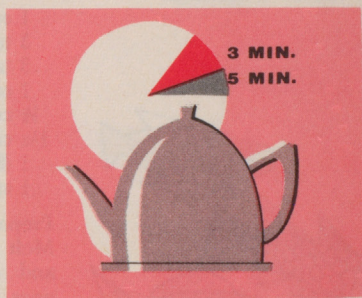
HOT LIPTON TEA First, heat your teapot by rinsing it with boiling water.



THEN put in 2 teaspoonsful of loose tea or 1 Tea Bag for each 2 cups.



POUR fresh bubbling boiling water over tea or tea bags.



STEEP 3 to 5 minutes. Strain or remove tea bags.

HOT STRONG LIPTON TEA

Follow HOT LIPTON TEA directions, but use half again as much tea. For iced tea or punches, strong Lipton Tea is usually best.

ICED LIPTON TEA

Follow directions for strong hot Lipton Tea. Pour into glasses filled with ice. Sugar and lemon may be added if desired. Under certain conditions, iced tea may become cloudy. To make it clear, simply add a little boiling water.

LIPTON INSTANT TEA—HOT OR ICED

HOT TEA: By the Cup—Use one level teaspoon^o of Instant Lipton Tea for each cup. Add hot water. Sugar, milk or lemon may be added if desired. By the Teapot—Use one level teaspoon^o for each cup of tea. e.g. 4 cup teapot—4 level teaspoons.

ICED TEA: By the Glass—Put one rounded teaspoon^o of instant tea into tall glass. Add water from the cold water tap, stir until clear, add ice. Serve with sugar and lemon if desired.

BY the Quart—Put two level tablespoons^o of Instant Lipton Tea into large pitcher and stir in one quart of cold tap water. Pour into ice-filled glass. Serve with sugar and lemon if desired.

^oUse more or less according to strength desired.

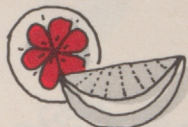
TALL, COOL, THIRST QUENCHING ICED-COLD TEA DRINKS

LIPTON TEA DRINKS

- 4 cups strong Lipton Tea, cooled
- juice of 1 lime
- 3 tablespoons maraschino cherry juice
- 2 tablespoons sugar

Combine all ingredients. Pour over ice cubes in tall glass. Garnish drink with a twist of lime peel and a cherry. Makes 4 to 6 servings.

LIME DELIGHT



- 3 cups strong Lipton Tea, cooled
- 1 can (6 ounces) frozen lemonade concentrate

Combine tea and lemonade concentrate. Pour over ice in tall glasses. Makes 4 servings.

TROPICAL TEA



- 3 cups strong Lipton Tea, cooled
- 1 teaspoon almond flavouring
- 1 can (6 ounces) frozen lemonade concentrate

Combine ingredients and stir until well blended. Pour into tall glasses filled with ice cubes. Makes 4 to 6 servings.

TEA AMADINE



Boil $\frac{1}{2}$ cup sugar, 1 cup hot water and 3 or 4 mint sprigs together for 5 minutes. Remove from heat, strain and stir in $\frac{1}{4}$ cup molasses. Mix with 4 cups strong tea, (made using 8 teaspoons Lipton Packaged Tea or 4 Lipton Tea Bags to 4 cups boiling water. Steep three minutes). Chill. Serve over ice cubes and garnish with fluted lemon slices.

MOLASSES MINTED TEA



Steep strong Lipton Tea according to directions. Pour over ice in double old-fashioned glass. Garnish with twist of lemon peel.

LIPTON ON-THE ROCKS



- Juice of 3 lemons
- rind of 1 lemon
- 3 cups sugar
- several whole cloves
- 6 sprigs mint

Heat ingredients over low heat and stir until syrup comes to a boil. Strain, add $\frac{1}{2}$ cup boiling water. Stir one teaspoon or more lemon syrup into glass of iced tea.

SPICED LEMON SYRUP FOR ICED TEA



ICED TEA WITH A DIFFERENCE



RUM TEA ON THE ROCKS

- 1 jigger light rum
- 2 jiggers of strong tea
- sugar to taste

Brew a pot of tea using 1 Lipton Tea Bag or 2 teaspoons of Lipton Packaged Tea per 1 cup. Allow to steep about three minutes. Mix the above ingredients. Pour mixture over ice cubes and pour into an old-fashioned glass. Stir and serve.



TEMPERANCE COCKTAIL

In a shaker combine two-thirds part cool strong Lipton Tea and one-third part fruit juice (lemon, lime or orange juice). Add ice, dash of Angostura bitters and shake. Serve in cocktail glass garnished with maraschino cherry and lemon twist.



TEA LEMON SODA

Fill tall glass $\frac{1}{2}$ full of strong Lipton Tea; add a scoop of lemon sherbet and stir thoroughly. Fill glass with ginger ale. Stir well and drink through a straw.



ORANGE FROSTEA

- 3 cups strong Lipton Tea, cooled
- 6 tablespoons frozen orange juice
- 6 scoops orange sherbet

Mix tea, orange juice (just as it comes from container) and sherbet in blender or shaker. Serve in tall glasses. Makes 6 servings.



RAINBOW TEA PUNCH

To one cup strong Lipton Tea (made using two teaspoons packaged tea or 1 tea bag and one cup rapidly boiling water) add one cup sweetened strawberry juice, one-half cup orange juice and three tablespoons lemon juice. Chill. Just before serving, add one cup of chilled ginger ale. Pour into chilled glasses and garnish with berries.



CELEBRATION TEA COOLER

- 1 cup strong Lipton Tea (made using 2 teaspoons packaged tea or 1 tea bag, to one cup of boiling water)
- 1 cup white port or any dessert wine
- 2 tablespoons lemon juice
- orange slices

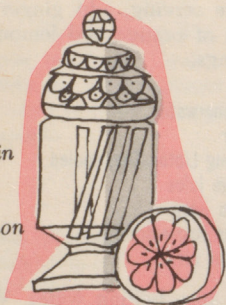
Combine all ingredients. Pour over ice cubes to chill. Serve in tall glasses. Garnish with orange slices. Serves two or three.

ADD GLAMOUR TO YOUR TEA WITH THESE EASY INNOVATIONS

SERVE A CUP OF HOT TEA WITH:



Piece of candied
ginger or dash of
powdered ginger in
bottom of cup
Red cinnamon
candies or cinnamon
stick as stirrer
with sugar



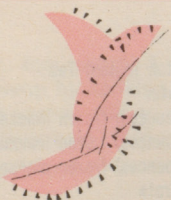
Lemon
and honey
One teaspoon
orange marmalade



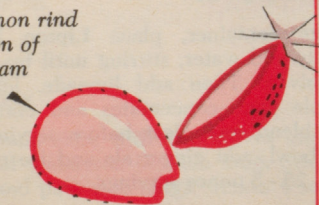
One tablespoon
mint jelly
Sugar cubes soaked
in orange juice,
maraschino cherry juice
or Angostura bitters
One flavour or
combination of flavours
as desired



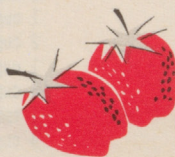
Canned peach wedge
studded with two or
three cloves, placed in
mug filled with hot tea
Orange slices studded
with two or three cloves



Twist of lemon rind
One teaspoon of
strawberry jam



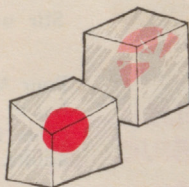
SERVE A GLASS OF ICED TEA WITH:



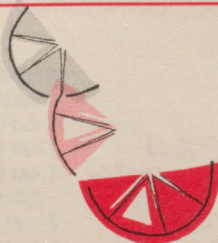
Fresh strawberries
dipped in sugar
Mint sprigs dusted
with sugar



Frost rim of glass by
dipping first in fruit
juice then in sugar
Fresh pineapple spear
and maraschino
cherry

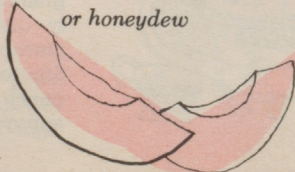


One tablespoon frozen
lemonade or frozen
orange juice
concentrate, undiluted
Ice cubes with
cherries and mint
leaves



Lemon, lime or
orange wedge
Fruit flavoured and
tinted ice cubes
Use fruit juice or
food colouring

Scoop of lemon, orange or raspberry
sherbet Thin wedge of peeled cantaloupe
or honeydew



DELIGHTFUL, GAY, PARTY TEA DRINKS AND PARTY PUNCHES

SOUTHERN PLANTATION PUNCH



- 8 cups strong Lipton Tea, cooled
- 1 can (6 ounces) frozen orange juice
- 1 can (6 ounces) frozen grape juice
- 1 can (6 ounces) frozen lemonade concentrate
- 4 cups ginger ale

Stir frozen fruit juices and lemonade into cool tea. Pour over a block of ice in a punch bowl. Just before serving, add ginger ale. Garnish with thin slices of orange and lemon. Makes 30 punch cup servings.



ROMAN PUNCH

- 2 cups boiling water
- 1 cup sugar
- 2 cups strong Lipton Tea, cooled
- 1 cup orange juice
- $\frac{1}{3}$ cup lemon juice
- 1 tablespoon rum extract
- 4 cups ginger ale

Stir sugar into boiling water. When sugar is dissolved add remaining ingredients and serve over ice. Makes 8 to 10 large servings.



PINEAPPLE HAWAIIAN PUNCH

- Measure into each glass —
- $\frac{3}{4}$ cup strong Lipton Tea, cooled
 - ice cubes
 - 2 tablespoons pineapple juice
 - 1 tablespoon lemon juice
 - 2 or 3 teaspoons sugar

Stir well. Garnish with thin slices of lemon.



ENGLISH CAMBRIC TEA

Pour $\frac{1}{3}$ cup hot Lipton Tea, then fill cup with hot or cold milk and sweeten with honey or sugar. (This is an ideal drink for children as well as adults.)

LIPTON WEDDING PUNCH



- $\frac{1}{2}$ cup Lipton Instant Tea
- 8 cups water
- 1 can (6 ounces) frozen limeade concentrate
- 1 can (6 ounces) frozen lemonade concentrate
- 1 can (6 ounces) frozen pineapple juice concentrate
- 2 cups cranberry juice cocktail
- 4 cups cold ginger ale

In large container, place Lipton Instant Tea; gradually add water, stirring until tea is thoroughly dissolved. Then add limeade, lemonade and pineapple juice concentrates and cranberry juice. Stir to blend well. Just before serving, pour into punch bowl, add ginger ale and ice cubes. Makes approx. 25 - 5 ounce servings.

- 8 Lipton Tea Bags or
- 5 tablespoons packaged Lipton Tea
- 8 cups boiling water
- 2 cups lemon juice
- 4 cups orange juice
- 6 cups grape juice
- 2 cups sugar
- 8 cups cold water
- 4 cups ginger ale

Pour boiling water over tea. Steep 3 to 5 minutes and strain or remove tea bags. Cool tea. Stir in all remaining ingredients except ginger ale. Add ginger ale and ice cubes just before serving. Makes approx. 2 gallons punch.

HOSPITALITY TEA PUNCH



- 2 cups strong, hot Lipton Tea (made with 2 teaspoons packaged tea or one tea bag per cup of boiling water)
- 1 cup sugar
- $\frac{3}{4}$ cup orange juice
- $\frac{1}{3}$ cup lemon juice
- 2 cups soda water
- 12 slices orange

Pour tea over sugar and as soon as sugar is dissolved add fruit juices. Strain into punch bowl over a large piece of ice. Just before serving, add soda water and slices of orange. Serves 12.

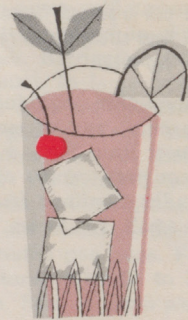
BOMBAY BRISK TEA PUNCH



- 9 teaspoons packaged Lipton Tea
- 6 cups boiling water
- $\frac{3}{4}$ cup water
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup fresh lemon juice

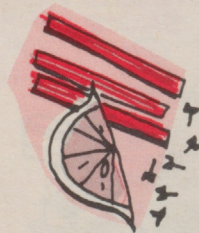
Pour boiling water over tea; steep 3 minutes; strain, cool. Make sugar syrup by cooking together sugar and water for 10 minutes; add to tea. Add fresh lemon juice; serve very cold. Makes 8 cups.

SOUTHERN TEA LEMONADE



- 4 cups hot Lipton Tea
- 4 slices lemon
- 8 whole cloves
- 4 sticks cinnamon
- 4 tablespoons honey

LAURENTIAN SKI BALL



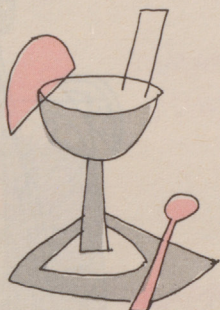
Stud each lemon slice with two cloves and place with a stick of cinnamon in each mug. Stir honey into hot tea and pour into mugs. Makes 4 servings.

LIPTON TEA DESSERT RECIPES

The use of tea is no longer limited to beverages. What good news!

Lipton Kitchens are now happy to present you these brand new recipe ideas to add to your old favourites.

LEMON TEA SHERBET



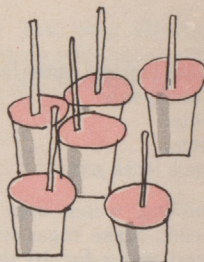
- 2¼ cups strong Lipton Tea
- 1 cup sugar
- 1 envelope unflavoured gelatine
- ¼ cup cold water
- ¼ cup lemon juice
- 2 egg whites

Allow 2 Lipton Tea Bags to 2¼ cups water and prepare according to package directions. In small saucepan, combine tea with sugar and boil 10 minutes. Soften gelatine in cold water and stir into hot syrup until gelatine is dissolved. Cool, then stir in lemon juice. In medium bowl, beat egg whites until stiff but not dry. Gradually fold in tea mixture and pour into 2 ice trays. Freeze until almost firm. Turn into chilled mixer bowl beat until light and fluffy at low speed then at high speed. Quickly return to trays, cover with foil, freeze until firm (overnight). Make about 6 cups, or 12 servings.

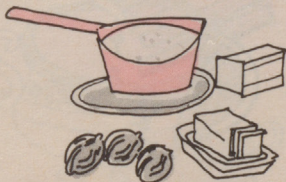
- 1 can (6 ounces) frozen lemonade concentrate
- 2¼ cups strong Lipton Tea
- ¾ cup sugar

Thoroughly combine all ingredients. Pour into ice cube tray or small paper cups. Freeze until almost firm. Push a sucker stick or wooden stick spoon into centre of each cube or cup to make handle. Continue freezing until firm. Makes about 36 small Tea-Sicles.

TEA- SICLES



TEA WALNUT SAUCE



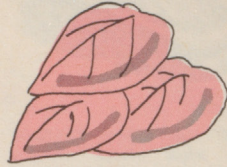
- 1 tablespoon Lipton Instant Tea
- ¾ cup light brown sugar, packed
- ¼ cup light cream
- 2 tablespoons light corn syrup
- 2 tablespoons butter or margarine
- ¾ cup chopped walnuts

In small saucepan blend Lipton Instant Tea with sugar, cream, corn syrup and butter or margarine. Stir in walnuts. Cook over low heat while stirring, until thickened — about 2 minutes. Serve hot or cold over ice cream. Makes about 1 cup.

- | | |
|----------------------------------|----------------------------------|
| ½ cup butter or margarine | ½ teaspoon salt |
| ½ cup granulated sugar | 1 teaspoon grated lemon rind |
| 1 tablespoon water | ½ cup finely chopped walnuts |
| 2 tablespoons Lipton Instant Tea | 1½ cups sifted all-purpose flour |
| 1 egg | |

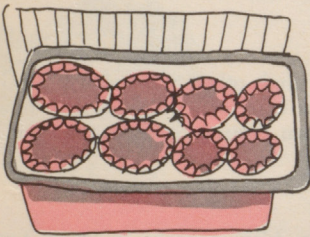
LIPTON TEA LEAF COOKIES

In small bowl, with mixer at medium speed, beat butter or margarine and sugar until creamy. Stir water into Lipton Instant Tea; add to butter mixture with egg, salt, lemon rind and walnuts, beating until light and fluffy. Blend in flour then chill one hour. Shape dough into 2 rolls, each about 7 inches long and 1½ inches in diameter. Wrap in foil and chill at least 2 hours, or overnight. Preheat oven to 375 degrees F. Cut dough into ½ inch slices. Place slices on ungreased cookie sheets and shape each with 2 fingers tapering to a point to resemble a leaf; mark veins with blunt edge of table knife. Bake about 10 minutes, or until light brown. Makes about 7 dozen.



TEA WALNUT TARTLETS

- | |
|-----------------------------|
| ¼ pound butter or margarine |
| 1¾ cups granulated sugar |
| 1 egg |
| 1¾ cups all-purpose flour |
| ¼ teaspoon salt |
| ¾ cup strong Lipton Tea |
| 2 cups chopped walnuts |
| 2 tablespoons honey |



In small bowl, with mixer at medium speed, beat butter or margarine and ¼ cup sugar until creamy; add egg. Then with pastry fork, blend in flour and salt to form a smooth ball. Refrigerate until thoroughly chilled (several hours). In large frying pan at medium heat, melt 1½ cups sugar, stirring constantly until it forms a golden syrup. Add walnuts, honey and tea, blending well; set aside. Preheat oven to 375 degrees F. On lightly floured board, roll out dough ⅛ inch thick. With 2½ inch scalloped pastry cutter, cut out about 4 dozen circles and fit into 1¾ inch muffin pan cups. Fill half full with tea-walnut mixture. Bake 12 to 15 minutes or until golden brown. Remove from pans to racks. Makes about 4 dozen tartlets.

- | |
|---|
| 1 package (8 ounces) cream cheese, softened |
| ¼ cup honey |
| 3 tablespoons Lipton Instant Tea |
| 2 tablespoons milk |
| 1 tablespoon lemon juice |
| ¼ cup chopped walnuts or pecans |

Blend cream cheese with honey until smooth. Dissolve Lipton Instant Tea in milk. Blend into cream cheese mixture; stir in lemon juice and nuts. Refrigerate until ready to use. Serve as a dip with fruit wedges and crackers. Makes 1 cup.

HONEY TEA DIP



SALADS MAKE THE MEAL,

Wish-Bone MAKES THE SALAD!

STEP-BY-STEP
INSTRUCTIONS
TO MAKE YOU
A
SALAD EXPERT

WASH
VEGETABLES



Wash greens with lukewarm water. Lukewarm water makes creases in leaves open so sand or soil washes out. Trim wilted leaves from head lettuce. Core and let water run through.

DRY
THEM



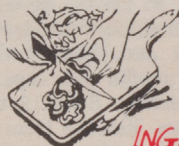
Drain excess water from head lettuce on a rack, tea towel or paper towels. Drain or toss leafy greens on a tea towel or paper towels. Store in plastic bags or in refrigerator crisper for several hours or overnight before using.

TEAR
GREENS
BY
HAND



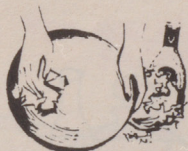
Lettuce, romaine and other greens look fresher and prettier if you tear them into bite-size pieces by hand rather than cutting or chopping them.

CHOP
OR CUT
OTHER
INGREDIENTS



Cut celery on the bias, peppers in rings, tomatoes in wedges, fruit in balls or sections for variety and interest. Do not cut or add tomatoes until just before serving. The juice runs out and "thins" your salad dressing.

YOUR
SALAD
BOWL



Choose any shape in porcelain, glass, wood or plastic. Your bowl should be large enough for tidy tossing of prepared salad. Chill bowl before using.

CHILL SALAD
UNTIL
SERVING
TIME



Cover salad in salad bowl with aluminum foil or plastic cover and refrigerate WITHOUT DRESSING until ready to toss and serve.

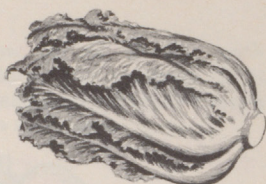
Know your ingredients, be a Salad Expert

Start with a Combination of Salad Greens. Greens are the soul of the salad. Learn to mix and vary different ones, in order to make your salads different and interesting. Shown here, are eleven different kinds. Try several of them; decide which combination you like best. Then vary them with the different ingredients shown, and with the seven varieties of WISHBONE DRESSING.



BELGIAN ENDIVE

Also known as "monk's beard", the slender fingers of crisp white leaves give your salad a lively, exciting taste.



ROMAINE

Elongated head. Crisp "spoon-shaped" leaves. Sharp, nutty flavour that is excellent with tomatoes.



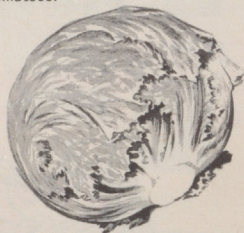
ESCAROLE

Much like endive, but broader leaves, less sharp flavour. Dark green leaves edged in yellow.



CURLY ENDIVE

"Chicory" adds dark green colour and lacy beauty to your salad. Sharp, tangy flavour.



ICEBERG LETTUCE

The most popular. Compact heads, tightly packed leaves. Used as wedges or torn for salads.



BIBB LETTUCE

Sometimes called limestone. Deep green leaves are sweet and tender. Use the whole leaves.



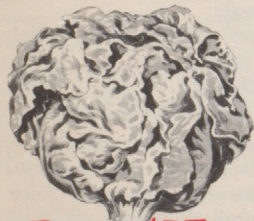
LEAF LETTUCE

Crisp and curly with a light green curly leaf that is very delicate and good.



CABBAGE

RED cabbage brightens greens. GREEN cabbage is best as slaw. CHINESE or CELERY cabbage has green outer leaves, white inside.



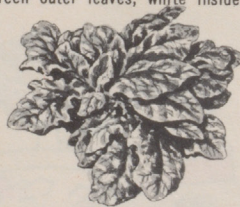
BOSTON LETTUCE

Sometimes called "Butterhead". Tender velvety leaves have a delicate flavour, separate easily.



WATERCRESS

Dark green and lacy. Sharp peppery flavour. High in vitamins, good-looking in the salad or as a garnish.



SPINACH

Fresh, young spinach adds deep green colour, lively flavour, extra vitamins and minerals to salad.

WISH-BONE RUSSIAN DRESSING

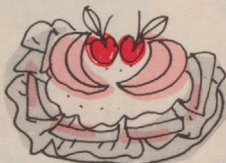
A thick, robust and hearty dressing that has a vigorous flavour that is warm and exuberant. Wonderful on vegetable or fruit salads, and it makes a delicious glaze for baked ham or barbecued pork ribs. Also for a tasty treat, try it in the recipes below. Children like it too!

BARBECUED CHICKEN



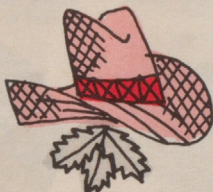
Combine 1 envelope Lipton Onion Soup Mix, 1 bottle Wish-Bone Russian Dressing and $\frac{1}{2}$ cup water in a saucepan. Simmer for 10 minutes stirring occasionally. Place 2-2 $\frac{1}{2}$ pounds cut-up frying chickens, skin sides down in a large greased shallow baking dish. Pour one-half the sauce over the chicken and bake uncovered for 30 minutes in a 375 degrees F. oven. Then turn chicken and pour on remaining sauce. Continue baking about 30 minutes.

CANADIAN COTTAGE CHEESE AND PEACH SALAD



Arrange individual salads on crisp greens or lettuce cups. Use 2 peach halves and $\frac{1}{2}$ cup cottage cheese per serving. Top each salad with 1-2 tablespoons Wish-Bone Russian Dressing. For variation substitute pineapple rings or pear halves for peach halves. Note: This recipe can also be made with Wish-Bone Deluxe French or Low Calorie French Style Dressing.

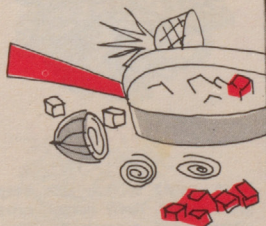
SOUTHERN SWEET POTATO SUPREME



Place one can (20 ounces) sweet potatoes in a frying pan and cover with $\frac{1}{2}$ cup Wish-Bone Russian Dressing, $\frac{1}{4}$ cup honey and 1 medium orange, sectioned. Simmer gently for 25 minutes. Makes approximately 4 delicious servings.

HONG KONG SWEET AND SOUR PORK

- 2 to 3 tablespoons salad oil
- 1 $\frac{1}{2}$ pounds boneless pork, trimmed, sliced then cut into squares
- 1 medium onion, thinly sliced
- $\frac{1}{2}$ cup Wish-Bone Russian Dressing
- 1 cup water
- 2 tablespoons cornstarch
- 1 tablespoon soy sauce
- 1 teaspoon vinegar
- 1 can (20 ounces) pineapple chunks, drained, reserving juice
- 1 medium green pepper, cut into 1" squares
- $\frac{1}{4}$ cup whole, blanched almonds (optional)



In large frying pan, heat salad oil and brown meat and onion, turning frequently. Combine next five ingredients and reserved pineapple juice. Pour over meat and stir until thickened about 20 minutes. Cover then simmer about 30 minutes or until meat is tender. Add green pepper and pineapple chunks. Cook 2 to 3 minutes, or until green pepper is just tender-crisp. Stir in almonds. Serve with hot, fluffy rice. Makes 6 servings.

WISH-BONE DELUXE FRENCH DRESSING

A tasty dressing made with a rare mingling of spices and herbs, red ripe tomatoes, pure golden oil, garlic buds and young onions. Delicious when served on crisp lettuce or mixed salad greens.

WISH-BONE LOW CALORIE FRENCH STYLE DRESSING

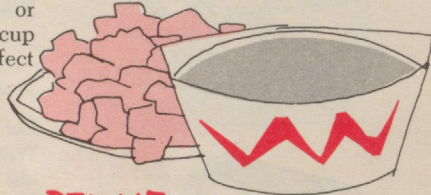
A mild low calorie dressing with only 4 calories per teaspoon. It is interchangeable with Deluxe French Dressing in all recipes.

Mix $\frac{1}{2}$ cup dark brown sugar and 1 tablespoon cornstarch in a small saucepan. Add $\frac{1}{2}$ cup Wish-Bone Deluxe French or Low Calorie French Style Dressing, 1 cup water and $\frac{1}{2}$ cup seedless raisins.

DELUXE RAISIN SAUCE



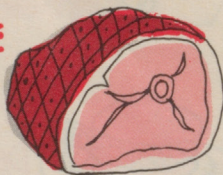
DIPPING SAUCE



Blend one bottle Wish-Bone Deluxe French or Low Calorie French Style Dressing and $\frac{1}{4}$ cup chili sauce and $\frac{1}{4}$ cup pickle relish. The perfect sauce for dipping . . . Hot or Cold.

Combine $\frac{1}{2}$ cup Wish-Bone Deluxe French or Low Calorie French Style Dressing and $\frac{1}{2}$ cup dark brown sugar in a small saucepan. Stir over low heat until mixture comes to a boil. Cool slightly and spread over ham during last $\frac{1}{2}$ hour of baking. Note: This recipe may also be made using Wish-Bone Russian Dressing.

DELUXE HAM GLAZE



Two cups diced cooked chicken, one cup pineapple cubes, two chopped hard cooked eggs, three slices crisp crumbled bacon, one tablespoon chopped chives or green onion. Toss with Wish-Bone Deluxe French Dressing or Low Calorie French Style Dressing. Serve on bed of two quarts greens (lettuce, chicory, watercress or fresh spinach). Garnish with fresh shrimp, avocado slices, grapes. Serves 8. Note: This recipe may also be made with Wish-Bone French Dressing.

HAWAIIAN LUAU SALAD



Cut $\frac{1}{4}$ inch slice from stem end of each of 6 chilled, peeled tomatoes. Scoop out pulp to form cups. Combine 1 pint cottage cheese, $\frac{1}{4}$ cup Wish-Bone Deluxe French or Low Calorie French Style Dressing and salt and pepper to taste. Fill tomatoes; serve on crisp greens. Makes 6 servings.

STUFFED TOMATO SALAD



WISH-BONE ITALIAN DRESSING

WISH-BONE LOW CALORIE ITALIAN

A tasty dressing that puts excitement in your salad. It is made the old Italian way with authentic ingredients. Wonderful on tossed green salads or try it for marinating or as a barbecue sauce!

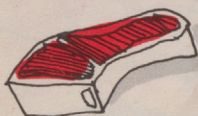
A smooth ready-to-pour Italian Dressing that is both zesty and low in calories. Only 2 calories per teaspoon! Use as you would regular Italian Dressing.

GARLIC BREAD

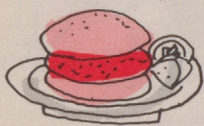


Blend 2-3 tablespoons Wish-Bone Italian or Low Calorie Italian Dressing with $\frac{1}{4}$ pound soft butter or margarine. Cut French bread in diagonal slices almost through to the bottom crust. Spread cut surfaces with the garlic mixture. Wrap in aluminum foil leaving it partially open at top and bake in 375 degrees F. oven for 15-20 minutes.

MARINATE STEAKS

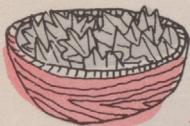


Let steaks or chops marinate in shallow platter of Wish-Bone Italian or Low Calorie Italian Dressing before cooking. Adds a delicious flavour touch. To each pound raw ground beef, add three tablespoons Wish-Bone Italian or Low Calorie Italian Dressing. Mix well and grill to sizzling brown.



WISH- DELUXE

Next time you serve cold sliced chicken or turkey, glisten the slices lightly with Wish-Bone Italian or Low Calorie Italian Dressing. It adds a wonderful dash of flavour.



SPINACH PINEAPPLE SALAD

Add 2 tablespoons Wish-Bone Italian or Low Calorie Italian Dressing to one (10-ounce) package frozen spinach in a saucepan. Cover and cook according to package directions.



CAESAR SALAD

Combine 1 quart crisp salad greens, torn in bite-size pieces, 2 (7-ounce) cans tuna, drained and flaked, 2 large tomatoes, diced, 3 hard cooked eggs, cut in wedges, and $\frac{1}{3}$ cup sliced ripe olives. Toss lightly with $\frac{3}{4}$ cup Wish-Bone Italian or Low Calorie Italian Dressing. Makes 6 generous servings.

WISH-BONE FRENCH DRESSING

A sharp, spicy, spirited dressing tingling with herbs and spices. Fine for vegetable and fruit salads. Also try it in the tasty recipes found below.

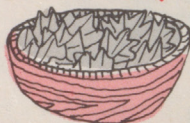
Combine $\frac{1}{2}$ cup Wish-Bone French Dressing, 1 cup catsup or chili sauce. If desired, add 2 tablespoons grated horseradish.

SEAFOOD COCKTAIL



Combine 4 cups shredded cabbage, 1 cup drained crushed pineapple, 1 teaspoon celery seed and $\frac{1}{2}$ cup Wish-Bone French, Deluxe French or Low Calorie French Style Dressing. Chill thoroughly before serving. Makes 6 to 8 servings.

DELUXE PINEAPPLE COLESLAW



Place chicken pieces in a shallow dish meaty side down. Pour Wish-Bone French Dressing over chicken using $\frac{1}{2}$ cup dressing for each 2 pounds chicken. Let stand for several hours. Grill over glowing coals or in broiler for about 45 minutes. Turn chicken often, basting with more dressing. Note: This recipe may also be made with Wish-Bone Low Calorie French Style, Deluxe French, Italian, or Low Calorie Italian Dressing.

GRILLED CHICKEN



- 1 bottle Wish-Bone French Dressing
- 2 cups water
- 4 bay leaves
- 1 teaspoon whole peppercorns
- 6 whole cloves
- 1 4-pound round-end rump roast
- $\frac{1}{2}$ teaspoons salt
- 2 tablespoons shortening
- 1 envelope Lipton Onion Soup Mix
- 4 gingersnaps

GERMAN SAUERBRATEN

In deep bowl combine first five ingredients. Place meat in dressing-marinade. Refrigerate covered, 2 to 4 days, turning meat each day. Remove meat and dry on paper toweling, then rub with salt. In Dutch oven or large heavy saucepan, heat shortening; brown meat well on both sides. Combine marinade and Lipton soup mix. Pour mixture over meat. Bring to boil, then simmer over very low heat, tightly covered, about 3 hours or until tender. Add more water if necessary and stir occasionally. Remove meat to hot platter. Strain "gravy", let stand 2 minutes to settle. Pour off excess fat from gravy, then return to Dutch oven. Soften gingersnaps in $\frac{1}{4}$ cup water and stir into gravy while cooking until thickened. Slice roast, spoon part of gravy over meat; pass remaining gravy. Makes 8 to 10 servings.



WISH-BONE GOLDEN ITALIAN DRESSING

A mellow blended Italian dressing, ready to pour, prepared with vegetable oil, vinegar, lemon juice, minced garlic, chili pepper and oregano. Blends easily with other ingredients contributing mellow flavour and smoothness to many recipes.

CAESAR SALAD



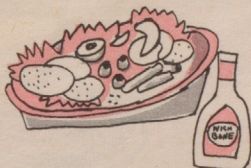
Mix 2 quarts greens, 6 cut anchovies, 1 tablespoon parmesan cheese. Add $\frac{1}{4}$ cup Wish-Bone Golden Italian Dressing and $\frac{1}{2}$ cup croutons browned in 2 tablespoons Wish-Bone Italian Dressing. Warm an egg one minute in boiling water. Break over salad. Toss till egg disappears. Serves 4. Note: This recipe can also be made using Wish-Bone Italian or Low Calorie Italian Dressing.

AL ITALIANO



Generously drizzle Wish-Bone Golden Italian Dressing over your special antipasto salad platter. Note: This recipe can also be made using Wish-Bone Italian or Low Calorie Italian Dressing.

VINAIGRETTE FRESH BEAN SALAD



- $\frac{1}{2}$ cup Wish-Bone Golden Italian Dressing
- $\frac{1}{8}$ teaspoon pepper
- 1 teaspoon prepared mustard
- $\frac{3}{4}$ teaspoon salt
- 1 small tomato, chopped
- 1 small onion, chopped
- 3 tablespoons chopped dill pickle
- 3 tablespoons snipped parsley
- 2 teaspoons chopped capers
- 1 hard cooked egg, chopped
- 1 pound fresh green beans, cut, cooked, drained

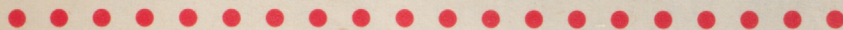
In large bowl combine dressing, pepper, mustard, salt, tomato, onion, pickle, parsley, capers and egg; add beans and toss until well blended. Chill several hours. Serve in lettuce-lined salad bowl. Makes 4 to 6 servings.

WISH-KABOBS



Marinate 2 pounds boneless lamb or beef cut in $1\frac{1}{2}$ " cubes in $\frac{1}{2}$ cup Wish-Bone Golden Italian Dressing 3 hours at room temperature or in the refrigerator over-night. Place meat on skewers and grill over hot coals or in broiler, basting with marinade. Cook for 20 minutes or until done. For variety, alternate meat cubes with tomato wedges, green pepper strips, small white onions (par-boiled), or other vegetables. Note: This recipe may also be made with Wish-Bone Italian or Low Calorie Italian Dressing.

ADD SOMETHING DIFFERENT TO MAKE THE SALAD YOUR VERY OWN CREATION



POTATO CHIPS



CORN



APPLE
WEDGES



ANCHOVIES



AVOCADOS



CAULIFLOWER
PIECES



CROUTONS



HAM



TUNA



TURKEY



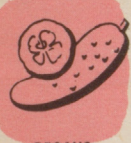
OLIVES



PIMIENTOS



CUCUMBERS



CHICKEN



SHRIMP



SALMON



EGG SLICES



GRAPEFRUIT



PECANS



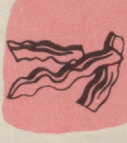
RADISHES



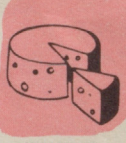
ARTICHOKES



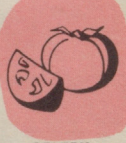
BACON



CHEESE



TOMATOES



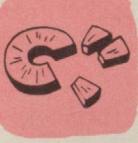
ORANGES



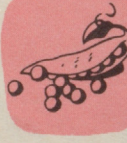
MUSHROOM
CAPS



PINEAPPLE



PEAS



WALNUTS



CELERY



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Onion
Beef Noodle
Green Pea
French Canadian Pea

Chicken Rice
Cream of Chicken
Cream of Mushroom
Tomato
Potato
Chicken Supreme



TEA

Orange Pekoe Tea Bags
Ceylon Tea Bags
Orange Pekoe Tea
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Instant Tea



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Golden Italian
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Low Calorie Italian



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